

SGGPCP Updates:

GenR8 Change - 'make the healthy choice, the easy choice'



GenR8 Change is a new way for the Southern Grampians community to 'make the healthy choice, the easy choice' for children in the region.

We were very fortunate to have Professor Steven Allender presenting at a breakfast meeting last week with community groups and leaders to discuss developing a whole of community approach to childhood obesity. The meeting was the first step in engaging Ambassadors to support with leading change.

The aim is to help the community gain a better understanding of the factors that contribute to childhood obesity and empower them to make changes that assist kids to eat healthier foods and be more active by making the healthier choice the easy choice.

For further information about GenR8 Change contact Clinton Thomas, M: 0408 623695, E: Clinton.thomas@wdhs.net



Victoria's next 10-year mental health strategy

The Department of Health and Human Services has released its discussion paper for the 10-year strategy for mental health. The paper outlines a vision to guide mental health and strategic investment and proposes key outcomes that Victoria can work toward to realise the long-term vision.

Online consultation for Victoria's next 10-year mental health strategy is now open!

Taking part is easy. Simply visit [website](#) to:

- Post a short idea or comment on what matters to you
- Interact with other people's ideas, or
- Download and read the discussion paper, then provide your feedback online.

Your contributions will help develop a 10 year mental health strategy for all Victorians.

To have your say, visit www.mentalhealthplan.vic.gov.au

'Reaching Recovery' Forum

What does Recovery mean to you? Would you like to improve local mental health services? We would too – and we can't do it without you! Please join us at our Mental Health Consumer and Carer event:

Reaching Recovery Forum – Thursday 3rd September, 12:45pm (for 1pm start) – 3:30pm

Deakin Central Civic Room, Timor Street, Warrnambool

RSVP: Monday 24th August.

Further information or to RSVP: Phone Leanne Mitchell or Eila Lyon at SWH Mental Health Services on 5561 9100 or

Email: participate@swh.net.au

World Suicide Prevention Day – 10th September 2015

Join Lifeline South West Vic on World Suicide Prevention Day as we walk Out of the Shadows and into the Light.

Show your support and commitment to preventing suicide and remember those lost to suicide by joining us on our walk.

Thursday 10th September, Warrnambool Foreshore Pavilion "La Bella" Room

Registrations 6:15am, walk commences 6:30am

RSVP: Online: [click here](#) or phone Carly 55590505

For more information contact Carly 5559 0505 carly@lifelineswv.org.au

Southern Grampians Glenelg Primary Care Partnership

Upper Level, 157 Gray Street (PO Box 283), Hamilton 3300

Executive Officer: Janette Lowe, Manager Health & Wellbeing: Jo Brown

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SGGPCP is promoting health and wellbeing by reducing the amount of time spent sitting in the workplace.

We actively encourage participants at our meetings to stand, move and/or stretch throughout the meeting to ensure sitting time is reduced.

PLEASE FORWARD YOUR ITEMS FOR INCLUSION IN THE BULLETIN TO: robyn.holcombe@wdhs.net

You don't need to be a farmer to improve Farmer Health!

A Call for Volunteers for New Research Study

The [National Centre for Farmer Health](http://www.nationalcentreforfarmerhealth.org.au) is seeking participants for a new study to investigate just how active Victorian farmers are. **And the "Fitter Farmers" study isn't just looking for farmers!** The team is seeking full-time workers over the age of 18, men and women, from three groups:

- **Farm-based workers** located within 150km of Hamilton, Victoria
- **Regional workers** employed within **Western District Health Service** or ANZ regional branches
- Urban workers, who work in the **Geelong** or **Melbourne areas**

Volunteers will be asked to wear a FitBit™ and an ActivPal™ physical activity tracker. Over a 7-day period, the devices will record time spent in sitting, standing and stepping activities. You will also be asked to complete two 30-minute interviews, to keep track of what type of activities you do in a normal day. For more information, please visit farmerhealth.org.au

If you would like to speak with the research team about joining the Fitter Farmers project, contact:

Dr Vanessa Vaughan, Researcher, National Centre for Farmer Health, T (03) 5551 8533 E: v.vaughan@deakin.edu.au



MI Fellowship™
Aspire services

Mental Health Week Grants

Just a reminder that Mental Health Week Grants are due in by the 21st August 2015. The panel will meet straight away and are unable to accept late applications, so please be sure to have any grants you are working on in prior to this date.

All applicants are encouraged to visit the Mental Health Foundation of Australia (Victoria) website www.mentalhealthvic.org.au for further information about mental health week themes, activities and resources

For further information regarding grants please contact

Mandy van den Berg, Community Participation and Education Coordinator, MI Fellowship

T: 03 55 603002 | M: 0408 527 587 | E: mvandenberg@mifellowship.org | www.mifellowship.org

Well Ways - MI Recovery - Warrnambool

MI Recovery is a program designed and led by people with a lived experience of mental illness. The program supports participants to recognise personal strengths, find new ways to manage mental illness and plan for the future. People with a mental illness are welcome to register for the program providing they are focused on their own recovery. You do not need to be participating in a MI Fellowship service to attend.

To register, refer or gain further information please contact Kerrie or Mandy on 5560 3000.



Crisis Support Workplace Training

This course provides the training and knowledge for an individual to become competent in skilled telephone crisis support practice, applying discretion and making sound judgements.

For further information contact Megan Walsh, Manager Service Development, P: 5559 0555, E: megan@lifelineswv.org.au

CommBank Community Grants

Up to \$10,000 is available for community organisations to improve health and well-being of young Australians

[Click here](#)

VicHealth Active Club Grants

Up to \$3,000 is available to promote physical activity participation and help communities stay connected.

[Click here](#)

Food/Produce Swap

Merino Produce Swap – 2nd Saturday of month, 10am -11am Saturday 12th September, Merino Community Health Centre
Hamilton Farmers & Craft Market at Hirl – Saturday 29th August, 9am to 12noon, Nth Boundary Road, Hamilton

Heywood Food Swap – will take a winter break and re-convene in September

Nareen Produce Swap – last Sunday of month, next swap Sunday 30 August, 10am-11:30am, Nareen Hall

Portland Neighbourhood House Foodswap - 2nd Friday of each month, 10am – 12pm September 11th, Portland WorkSkills

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